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## APPOINTMENT OF NEW EDITORS

The National Committee of the Australian Behaviour Modification Association announces the following appointments for a 3-year period commencing with Vol.5, 1988.

**Editor:** Jay S. Birnbrauer,  
Editor,  
Applied Psychology Clinic,  
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Murdoch. Western Australia 6150  
phone: (09) 332 2390

**Book Review Editor:** Alan Ralph,  
Psychology Program,  
Murdoch University,  
Murdoch. Western Australia 6150  
phone: (09) 332 2702

**Managing Editor:** Daryl Cooper,  
Health & Rehabilitation Consultants,  
3rd Floor, 231 Adelaide Tce.,  
Perth. Western Australia 6000  
phone: (09) 221 2168

As from October 1, 1987 manuscripts should be sent to the new Editor at the above address.

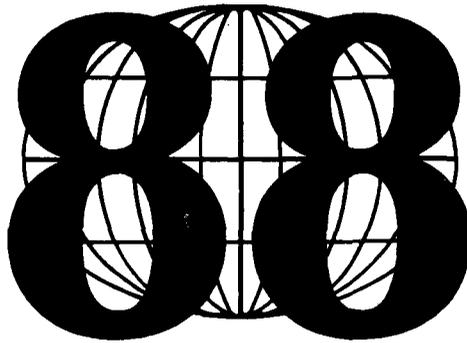
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# INFORMATION FOR AUTHORS

1. Short articles on the behavioural approach and related issues are welcome. Behavioural intervention in clinical, educational, community, or organizational settings, is of interest. Single case investigations entailing empirical evaluations are welcome.
2. Articles can be submitted to the Editor: Dr Neville King, Department of Psychology, Phillip Institute of Technology, Bundoora, Victoria 3083. (Ph. (03) 468 2200). Please forward 3 copies. The contact person regarding the manuscript should be clearly named, along with mailing address and phone number.
3. Authors should ensure that their manuscript has a cover page with title of the article, author(s), and affiliation. To facilitate anonymous review the title of the article should be given on the next page.
4. Articles should be accompanied by an abstract of about 200 words. The abstract should follow the title page on a separate page.
5. Manuscripts should be typed on A4 paper, double-spaced, with 4 cm wide margins.
6. Style should conform to the *Publication Manual of American Psychological Association* Third Edition, 1983. Footnotes are not permissible. Words should only be underlined when it is intended that they be typeset in *italics*. Page numbers should be given when quoting authors.
7. When the research format allows, authors should organize their article in terms of an introduction, method, results, discussion and references.
8. A limited number (2) of tables and figures can be included. Precise headings must be given, along with an indication as to where the table/figure should be located.
9. References in the text should contain all authors on the first citation. On subsequent citations three or more authors may be abbreviated to the first author et al. References should be listed in alphabetical order on a separate sheet(s) at the end of the article. For journal references: author's name and initials, year, title of the article, title of the journal, volume number, inclusive page numbers. References to books should include the author's name followed by initials, year, title of the book, city of publisher and publisher. Note that the year of publication is placed in parentheses immediately after the author's name in the reference list.
10. Galley proofs will be sent to the first-named author for correction. Excessive alteration, as distinct from correction of errors in reproduction, will be charged to the author.
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# PSYCHOLOGY PRACTITIONER GUIDEBOOKS

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A guide for mental health practitioners to an alternative intervention for depression, with detailed treatment techniques that are based on an interpersonal or systems conceptualization of this disorder. Addressing the growing attention toward the interpersonal aspects of depression, the authors integrate the empirical literature assessing the marital and family relationships of depressed patients with systems oriented intervention techniques.

208 pp. 1987 softcover 033633 7 \$30.00  
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**NEW**

### EATING DISORDERS

Management of Obesity, Bulimia and Anorexia Nervosa by W. Stewart Agras, Stanford University School of Medicine

Presents treatment methods for the management of the interrelated disorders of obesity, bulimia and anorexia nervosa, disorders in which the central concern of the patient is weight and body image. Explains assessment techniques and details treatment programs for the disorders. Pharmacological approaches are examined and case examples are presented.

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### TREATING CHILDHOOD AND ADOLESCENT OBESITY

by Daniel S. Kirschenbaum, Northwestern University Medical School, William G. Johnson, University of Mis-

issippi Medical Center & Peter M. Stalonas, Jr., University of Rochester

Presents approaches to combat child obesity, with the intention of preventing a lifelong battle with the adverse social and physical consequences of obesity. The book describes behavioral principles which can be applied to control eating and increase exercising. Finally, the authors explain procedures that can help to sustain use of weight-loss techniques by continuing with group meetings, using flexible behavioral contracting, and sustaining self-monitoring of caloric intake and expenditure.

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Assessment and Intervention

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by Albert Ellis, Raymond A. DiGiuseppe, John F. McInerney & Raymond Yeager, Institute for Rational-Emotive Therapy

# from Pergamon Press



An application of Rational-Emotive Therapy (RET), a treatment mode originated by Dr. Ellis and widely accepted by practitioners, to alcohol and drug abusers. Introductory material reviews the theory and techniques of RET and major issues in alcohol and drug abuse. Each chapter addresses a key issue regarding application of RET to this population. Case material and transcripts of actual sessions are used throughout the book.

180 pp. (approx) 1987 softcover 034319 8 \$30.00  
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## UNDERSTANDING AND TREATING ATTENTION DEFICIT DISORDER

by Edward A. Kirby & Liam K. Grimley, Indiana State University

A comprehensive description of cognitive-behavioral intervention techniques for treating attention deficit disorders in children. The first section presents a theoretical model on which the intervention techniques are based, including relevant research and original data. The second section deals with specific intervention strategies, focusing on the diversity of factors related to attention deficit disorders.

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## ADOLESCENT ANGER CONTROL

### Cognitive-Behavioral Techniques

by Eva L. Feindler, Adelphi University & Randolph B. Ecton, Sagamore Children's Psychiatric Center, Melville, NY

Provides a detailed orientation to a comprehensive anger control program for adolescents who give evidence of poor control of aggressive and impulsive behavior. A brief overview of therapeutic interventions with difficult adolescent populations and an introduction to behavioral self-management theory principles are presented. Practical issues such as self-monitoring, self-instructional training, self-evaluation, relaxation, assertion and contracting techniques inherent in conducting and evaluating anger control groups are presented.

176 pp. 1986 softcover 032373 1 \$30.00  
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## TREATING BULIMIA

### A Psychoeducational Approach

by Lillie Weiss, Arizona State University, Melanie Katzman, Regent Hospital, New York City & Sharlene Wolchik, Arizona State University

"... this is a useful book for clinicians as well as graduate students and interns who work with patients with eating disorders."

— *Journal of Behavior Therapy & Experimental Psychiatry.*

Presents a practical guide for the clinician who is working with bulimic women individually or in groups. The authors review the research literature in bulimia and present a detailed description of their successful seven week self-enhancement program for bulimics.

128 pp. 1985 softcover 032399 5 \$29.00  
hardcover 032400 2 \$52.00

## STRESS INOCULATION TRAINING

by Donald Meichenbaum, University of Waterloo, Canada

*A Selection of The Behavioral Science Book Service*

"... succinctly written description of what may be the foremost cognitive-behavioral approach to the reduction and treatment of stress ... highly recommended ..."

— *Clinician's Research Digest*

A systematic presentation of stress inoculation, a treatment modality which has been applied to populations as varied as victims of terrorist attacks, rape victims, pain patients and occupational groups for whom stress is a constant factor. This Guidebook deals explicitly with practical issues such as client resistance and treatment nonadherence and concludes with a discussion of clinical intervention in the social environment.

128 pp. 1985 softcover 031596 8 \$29.00  
hardcover 031597 6 \$52.00

## MANAGEMENT OF CHRONIC HEADACHES

### A Psychological Approach

by Edward B. Blanchard, Center for Stress and Anxiety Disorders, State University of New York at Albany & Frank Andrasik, Pain Therapy Centers, Greenville General Hospital, SC

*A Selection of the Psychotherapy and Social Science Book Club*

"It is the best 'how-to-do-it' guide currently available for the use of relaxation, biofeedback, and cognitive therapy techniques with headache sufferers. It merits a place in the library of every mental health professional working with the population."

— *Contemporary Psychiatry*

A systematic presentation of assessment and treatment procedures for the chronic headache, based on the extensive research of the authors. Data supporting the utility of the procedures described are provided, along with brief summaries of the literature from the field at large.

216 pp. 1985 softcover 030962 3 \$32.00  
hardcover 030963 1 \$52.00

## COGNITIVE CONTROL THERAPY WITH CHILDREN AND ADOLESCENTS

by Sebastiano Santostefano, Hall Mercer Children's Center & Harvard Medical School

*A Selection of the Psychotherapy and Social Science Book Club*

"... a useful step toward the integration of psychodynamic psychotherapy and cognitive-behavior therapy. The author raises important developmental issues. I hope that Santostefano's work will lead to further outcome studies of CCT and will open continuing dialogue between the proponents of the psychoanalytic and behavioral types of treatment."

— *Contemporary Psychology*

Combines aspects of cognitive developmental theory with principles of psychodynamic psychotherapy. The author presents applications of cognitive control therapy in treatment of children whose learning dysfunctions are a source of school failure and serious adjustment problems, particularly children who lack the cognitive structures necessary to learn within verbally oriented psychotherapy.

272 pp. 1985 softcover 031580 1 \$35.00  
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